

ABSTRACT OF THE DISCLOSURE

An optical recording medium having a higher improved read accuracy is disclosed. In the case of irradiating a laser beam 5 to an optical recording medium including an optical reflective layer and a recording layer so as to record information therein, in the recording layer, a virtual recording cell having an arbitrary unit length and a unit width perpendicular to the unit length is continuously defined. In the case where the laser 10 beam is irradiated to the virtual recording cell over the entire allowable irradiation time T securable to one virtual recording cell, a reference power of the laser beam is preset so that an optical reflectance of the virtual recording cell can be reduced more than 50% with respect to the initial reflectance. Further, 15 the laser beam having the preset reference power is irradiated to the virtual recording cell in a state that an irradiation time is modulated into five stages or more, and thereby, a recording mark giving five stages or more different optical reflectance to the virtual recording cell can be formed.